

Proud to be Namdhari Sikh

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Gurus - I am privileged to a SIKH of Guru Nanak Dev Ji and all His successors.

Scriptures - I believe in all the scriptures as bestowed to us by our Gurus and Saints, Aad Guru Granth Sahib, Sri Dasam Guru Granth Sahib, Bhai Gurdas - varan and kabit, Bhai Nand Lal amazing poetry. I also believe in Guru Nanak Dev Ji's Janam Sakhi, Guru Gobind Singh Ji' Sau Sakhi, Gurindnama, Karninama and many other.

I believe in Khande da amrit and pure rehat maryada of Sant Khalsa

Naam – I am privileged and honoured by His Holiness for giving me an opportunity to have been given sacred Naam by one of the blessed ones. This totally changed my life and with recitation and meditation of Naam by Naam Simran, I have been able to bring peace to myself. All Namdhari Sikhs must do Naam Simran for at least one hour per day. On top of this when I am alone, driving or walking I do the Naam Simran and can do about 3-4 hours daily. This

meditation has played a very big part in my personal and professional life and has helped to keep cool under many difficult situations. Mediation through Naam Simran is also stressed throughout Aad Guru Granth Sahib. According to the Gurbani, NAAM can only be obtained from a Satguru. As a Namdhari Sikh I have been privileged to meet and learn from Saints and spiritually learned persons, who have attained a very high spiritual life. It is a joy just to be in their company. I wish I could spend more precious moments with them and try to mould myself in their cherished paths.

Gurbani Paath - I try to do my Nitnem every day. With Satguru Ji's grace, I have learned to recite Gurbani with the pure pronunciation from the learned ones and Scholars of Gurbani. The Namdhari Sikh Panth is full of people who recite bani's every day and they learned by heart to do their Nitnem. This has given me the knowledge to understand the true meaning of the Gurbani.

Vegetarian food - With almighty's grace I am pure vegetarian. This means I can eat and enjoy simple food prepared in a pure environment. All Namdhari Sikhs are vegetarians and avoid all meat, eggs and fish. We also avoid all processed foods as they may contain ingredients derived from animal products. I am also peace at heart that nobody was killed or harmed for my food.

Personal Hygiene - I take full shower everyday. My hair dries up as I do my Naam Simran in the morning. I also take full shower and change of clothing's if I go to toilet during the day. I also take full shower after attending cremation. This is essential to do before I take my food. This is as per express wishes of Sri Satguru Ji.

Respect food -As per teaching of our Gurus, I always ensures that I empty my plate and there no leftovers in my plate after eating. This shows respect not only to the food but to the nature and its precious resources as well. Just imagine how long it takes to grow the food, harvest it and prepare the meal.

Simple life - I try to live a simple life as per the teachings of our Gurus and the Holy scriptures.

No costly marriages or extravagant ceremonies - When I got married many years ago, I obeyed Sri Satguru Ji's teachings and with His blessing, the marriage ceremony was simple. No marriage parties, no milnis, no muklava, no dowry. Both my family and my wife's family members ate from the Langar, prepared by the Sadh Sangat. When my son was recently married in the similar manner, he not only ate the Langar but served it as well. This was a shock to some of the family relatives and friends.

Charitable work – With Satguru Ji teachings, I am involved in many charitable activities. I always give money where it is needed and to the less fortunate. Nobody leaves empty handed if they came to me for help. As a community we also collect monies for the people whose lives have been affected by natural disasters.

Interfaith organisations - I am involved with the interfaith movement. This has given me the opportunity to learn about other religions and faiths. I have been privileged to be the guest at various religious places like Churches, Cathedrals, Synagogues, Mandirs, Masjids and of course Gurudwaras. I have also met some wonderful people through this work.

Alcohol, drugs etc - I abstain from all alcohol and intoxicants. This is as per the teachings of our Gurus and the Gurbani also prohibits it as well.

Respect for other human beings - I always respect all human beings. Our Gurbani teaches us to love all life forms as they are also part of the All Mighty.

5 Kakaars – I always keep all 5 kakars and respect them. These are my Kesh, Kara, Kachera, Kanga and Kirpan. My kirpan is tied to the kanga with a metal wire. I always wash my Kanga and kirpan during shower.

Classical Music – With Sri Satguru Ji's blessings, I enjoy Indian classical music. Through this passion, I am fortunate to meet some of the top classical masters. The Namdhari Sikh Community have some of the best classical musicians who are respected by their peers and public for their masterly quality. I have been able to appreciate the Gurbani sung in classical ragas rather than simple or film style tunes. This is an awesome experience and I will always be grateful to the Satguru Ji for keeping this tradition alive and flourishing.

Recital of banis - I participate in Varni, Havan, Akand Paths and I am fortunate to be part of these religious ceremonies. This gives me the utter satisfaction of obeying Satguru ji teachings. These include recital of gurbani, preparing amrit, doing varnis, havans and akhand paths, sadharan Paths. There is very strict code of conduct for doing these tasks and utmost respect to the scriptures is the top priority.

Recited many sadharan paths - With Satguru ji's wishes I have managed to complete many sadharan paths both on my own and collectively. This has given me the highest level of satisfaction and understanding, as you get the complete picture of Gurbani. Discussion with scholars has given me the understanding the meaning of

Gurbani and it has inspired me to many moments of joy.

Remained in Sikhi saroop - With Satguru Ji's kirpa and blessings, I have managed to keep the Sikhi saroop despite western influence and peer pressure. I am also blessed as my children are also in Sikhi saroop.

I try not to be wasteful. This is also in respect to nature and its limited resources. We as the family for example, do not celebrate Diwali with fire crackers. This is a total waste of money and creates pollution. We do not indulge in the extravagant ceremonies and any money saved is given to the charity. As per Sri Satguru Ji's wishes, we remain calm and straight headed during happy times and sad times. We don't have extravagant ceremonies on the birth of a son or marriages. We do not cry and make scenes when someone passes away.

Namdhari Sikh families participate in religious ceremonies and celebrate all gurburabs for all the Sikh Guru's. Naam simran is always done in all gatherings, being the most important function of the day. Gurbani kirtan is always performed in the classical ragas.

Pehrava – With Satguru Ji grace, I wear kurta and raib pyjama. It feels I belong to the to the Guru ki

sangat and not to the alien culture with Sikhism above the neck only.

I do not spend my time criticising others. In fact, I read a lot of books and this has broadened my mind. I discuss topics with scholars and learned ones and this clarifies my mind to the finer points of humanity in general and Sikhi in particular.

I do not indulge in useless discussions and arguments about some issues. For example, issues such as Sikhs and vegetarianism, Bikrami Sampat calendar, ritual killings and many other issues, which seems to consume most of other people's time.

There are many other aspects of life, which have not been listed above. With all these virtues I think I am blessed by Satguru Ji.

With this much blessings of Sri Satguru Ji, I always assume that this is His wonderful magic, that I am what I am today.

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